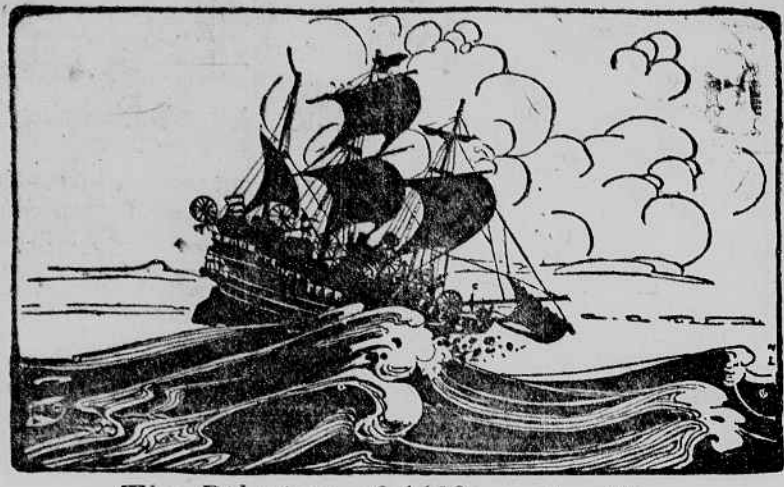


Housekeeping as a Profession *The* Tribune Institute *Tested* Foods



The Pilgrims of 1620 on the Move

Philosophy for the First Course

IF THERE are any times that try men's (?) souls and bodies more than moving time we know them not. The way to put merri- ment, or at least philosophy, into moving day is to make an adventure of it. Periods of transition are always painful, but they are ex- cruciating to those unyielding, un- adaptable persons who can be happy only on the beaten path. Viewed as a chronic condition, many things are unbearable that may be rather alluring when viewed as a passing episode.

A real picnic usually has many unpleasant features, petty hard- ships and mishaps, but we bear them all cheerfully because we are on pleasure bent. Viewed as a picnic, the unsettled life and wayside fare of moving week lose many of their terrors and assume almost a festive aspect!

Miss Lee's suggestions may be helpful for the various migratory periods, whether the flight be from flat to flat, from town to country, or vice versa, or merely to tide over the flitting of the cook.

No one would advocate living by delicatessen alone, but in emergen- cies, often for very small families, and to "mix in" with home cook- ing there is much to be said in favor of judicious, timely trips to the cooked-food shop. But beware of

getting the habit, for your "budget's sake"!

A. L. P.

Monday
BREAKFAST
Cottage Cheese and Chives Sandwiches
Olives
Fruit Tea
Coffees
LUNCHEON
Creamed Fish Cakes with Green Peppers
Bread and Butter
Emergency Fruit Salad
DINNER
Reheated Slice of Ham in Brown Olive Sauce
Potato Chips
Canned Peach Dowdy
Raisins
Rolls

In preparing the meals for Mon- day, the cooking can be done on either a small electric grill or a chafing dish. The corn muffins from the bakery may be either split open and toasted, or reheated in a gas oven. The fish flakes are from a reliable brand of canned goods, and the slice of ham and the potato chips are purchased at the delicatessen.

The cost of the three meals should be about \$2.50, which allows for a quarter of a pound of bacon at 48 cents a pound, one can of fish flakes for 15 cents and a slice of cooked ham (half a pound) for 60 cents.

Canned Peach Dowdy—This may be made in the chafing dish while the rest of the dinner is being eaten. Turn into the upper part of the chafing dish a pint of canned peaches, bring to the boiling point, adding a bit of broken stick cinna-

Meals for Moving Time—By V. C. Lee

mon. Cover with a layer of biscuit dough, rolled thin, cover closely and cook over a moderate heat for about twenty minutes. Serve dusted with powdered sugar. With an electric grill this may be browned under the element, using the reflector and re- moving the cover, or the peaches may be served plain, with cookies.

Tuesday
BREAKFAST
Oranges
Dry Cereal
French Toast
Cinnamon and Sugar
Coffee
LUNCHEON
Cottage Cheese and Chives Sandwiches
Olives
Fruit Tea
Coffees
DINNER
Canned Tomato Soup
Sautéed Eggs
Green Peas
Potato Salad
Finger Rolls
Pulled Figs

The luncheon is of a picnic char- acter and may be prepared in the

Wednesday
BREAKFAST
Cooked Cereal with Dates
Fried Chipped Beef
Buttered Toast
Raisins
LUNCHEON
Crab Meat Salad
Rolls
Russian Tea
Sponge Cake
DINNER
Sautéed Veal or Beef Loaf
Biscuits
Fresh Asparagus, Buffalo Sauce
Coffees
Charlotte Russe

The cereal should be cooked the night before or in the fireless cooker overnight. For the crab meat salad either the fresh flaked fish may be obtained or the canned variety uti- lized. Purchase the rolls and biscuits from the bakery, also the sponge cake, and the sliced meat loaf from the delicatessen.

The cost of the three meals should amount to about \$2.78, the principal items being two ounces of smoked beef for 4 cents an ounce, a quarter of a pound of crab meat for 25 cents, three-quarters of a pound of meat loaf at 90 cents a pound, and a bunch of asparagus for 30 cents.

Crab Meat Salad—Chill the flaked crab meat and add an equal quan- tity of shredded lettuce, two chopped hard-boiled eggs, one small chopped pickle and enough home- made or commercial mayonnaise dressing to moisten. Heap on a salad platter and surround with a border of the heart of lettuce leaves.

Thursday
BREAKFAST
Orange and Grape Juice
Boiled Eggs
Toasted Crumpets
Coffees
LUNCHEON
A New Cheese Dish
Lettuce
French Dressing
Bread Sticks
Ginger Ale
DINNER
Bouillon in Cups (from cubes)
Fish Cakes
Chili Sauce
Beet and Cabbage Salad
Rhubarb Tarts

As both the fish cakes and the din- ner salad are purchased at the deli- catessen, the remainder of the cook- ing should not be arduous. Deli- cious little rhubarb tarts can be had at the better class bakeries, and a spoonful of sweetened, whipped cream on top of each will give them

three-quarters of chops at 50 cents a pound.

The scrapple, ready to fry, may be purchased at the butcher's, and the vegetable salad from the deli- catessen. Dress the latter up some- what by adding fresh lettuce, a lit- tle additional dressing and perhaps a thinly sliced fresh tomato laid over the top. Serve with cheese straws made by one of the leading cracker manufacturers.

Thursday
BREAKFAST
Halved Grapefruit
Fried Scrapple
Toast
Coffees
LUNCHEON
Stuffed Eggs
Watercress Sandwiches
Cocoa
Jelly Roll Pancakes
DINNER
Broiled Lamb Chops
Creamed Potatoes
Vegetable Salad
Cheese Straws

Jelly Roll Pancakes—Purchase a jelly roll at the bakery, cut in slices and dip for an instant into a beaten egg mixed with two teaspoonsful of sugar, four tablespoonsful of milk and a slight dusting of nutmeg. Sauté in a little hot fat and sprinkle with sugar before serving.

Friday
BREAKFAST
Orange and Grape Juice
Boiled Eggs
Toasted Crumpets
Coffees
LUNCHEON
A New Cheese Dish
Lettuce
French Dressing
Bread Sticks
Ginger Ale
DINNER
Bouillon in Cups (from cubes)
Fish Cakes
Chili Sauce
Beet and Cabbage Salad
Rhubarb Tarts

As both the fish cakes and the din- ner salad are purchased at the deli- catessen, the remainder of the cook- ing should not be arduous. Deli- cious little rhubarb tarts can be had at the better class bakeries, and a spoonful of sweetened, whipped cream on top of each will give them

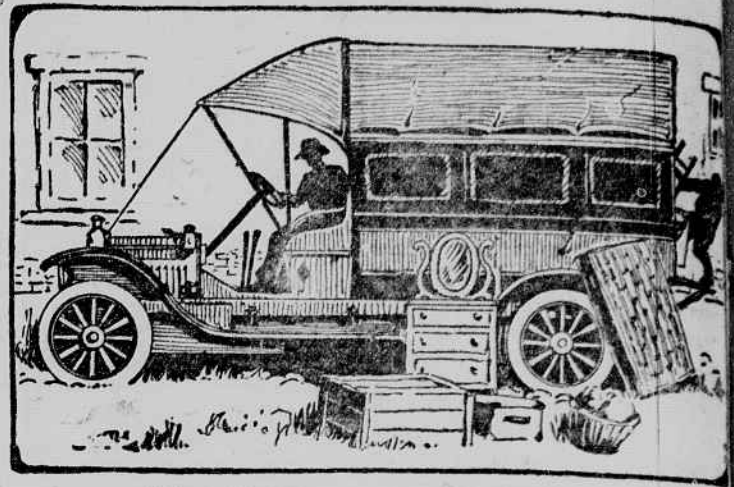
quite a home-made air as well as adding to their flavor and nutritive value.

The cost of the three meals will figure about \$2.64 and will include five eggs at 70 cents a dozen, eight fish cakes at 5 cents each, one pound of salad for 35 cents and half a pound of cheese for 20 cents.

A New Cheese Dish—Mix to- gether one cupful of finely diced cheese, half a teaspoonful of salt, a quarter of a teaspoonful of paprika, one teaspoonful of Worces- tershire sauce, one scant table- spoonful of flour, the tiniest pinch of baking soda and a cup- ful of strained tomato juice. Cook over hot water, stirring constantly until the whole is a creamy mass and pour over toast or crackers that have been spread with deviled ham or chicken (canned).

Saturday
BREAKFAST
Dry Cereal
Broiled Bacon
Raisins
Toast
Rhubarb Marmalade
Coffees
LUNCHEON
Curried Vegetables with Rice
Brown Bread
Halved Grapefruit
DINNER
Panned Hamburg Steak with Onions
Hashed Browned Potatoes
Sliced Tomatoes
French Dressing
Fruit Whip

No fruit is served for breakfast, the rhubarb marmalade taking the place of the regular fruit course.



The Pilgrims of 1920 Move On

If the potatoes are boiled in ad- vance, the evening dinner should be prepared in about thirty minutes. The fruit whip is made from canned or stewed fruit, sweetened to taste, pressed through a sieve and blended with the stiffly whipped white of one egg. Use this proportion of egg for a cupful and half of the fruit.

The cost of the three meals will be in the vicinity of \$2.30, and these figures will include a quarter of a pound of bacon at 48 cents a pound, a small can of concentrated vegeta- ble soup for 12 cents, one pound of chopped beef for 45 cents and fresh vegetables 42 cents.

Curried Vegetables with Rice—Open the can of soup and add just enough milk to make a very thick purée. Season to taste with curry powder and paprika and serve in a well of steamed rice.

Sunday
BREAKFAST
Sliced Oranges and Bananas
Parsley Omelet
Coffees
LUNCHEON OR SUPPER
Raisin and Peanut Butter Sandwiches
Grape Juice and Ginger Ale Cup
Hot Gingerbread
Chocolate Sauce
DINNER
Tomato Soup
Chicken à la King (in the chafing dish)
Potato Chips
Green Peas
Parker House Rolls
Strawberries

The chicken à la King is made from canned boned chicken and canned mushrooms; and as the soup, and potato chips will only need re- heating, the entire meal is easily and quickly prepared. Purchase a small loaf of gingerbread, reheat, and serve with a thick sauce made from grated chocolate, rich milk and sugar.

The cost of the three meals on Sunday will amount to \$3.49, and these figures will include four eggs at 70 cents a dozen; one can of boned chicken for 85 cents, a small can of mushrooms for 20 cents, and strawberries for 50 cents.

Raisin and Peanut Butter Sand- wiches—Measure equal quantities of seeded raisins and peanut butter, and pass the former through a meat grinder, using the medium knife. Add for each cupful of the combined ingredients six chopped stuffed olives and half a cupful of shredded watercress. Spread the mixture on crisp lettuce leaves and use as a filling between buttered slices of whole wheat bread.

The menus will total about \$3.49 for four, not extravagant when the small amount of trouble is con- sidered.

The Institute stands fundamen- tally for the woman who understands her profession of housekeeping from the ground up and has the "know-how." But it does not follow that she will "do it all," especially if "time is money" literally.

Every Metal Has Its Own Whimsies—How to Keep Each One Smiling

By MARY ELIZABETH COOLEY
Home Efficiency School, New York City

“WHAT is sauce for the goose is sauce for the gander” may be true of human beings and of barnyard pets, but it will not work with metals. Their likes and dislikes must be considered and appreciated if one is to get the best return for the money invested.

One rule applies to them all: Give them constant care rather than a spasmodic “grand cleaning.”

ALUMINUM

Aluminum is a great favorite with the modern housewife and is eco- nomical if one understands its re- quirements. When it made its debut into the kitchen it was at- tacked by scandal. It was accused of being a menace to the health of the family because of poisons it would introduce into the foods. But science came to the rescue and by an “investigation” proved the slan- der to be unfounded and placed it at the head of kitchen metals.

Alkalies will eat into the surface of aluminum. Therefore, washing soda and ammonia, the “maids-of-all-work” among cleansers, must never be used with this metal. Salt, another alkali and used so con- stantly in cooking, should be added at the end of the cooking process; and leftover foods which contain salt should not be put away in aluminum containers.

Dilute acids always brighten the surface without injury. This is why acid fruits and vegetables when cooked in aluminum seem to clean it. The easiest way to keep the sur- face in good condition is to use a dilute acid, such as vinegar, sour milk or any acid fruit, and then scour with whiting, a good abrasive paste or steel wool. If food or grease is badly burned on, let water boil hard in the covered utensil for a few minutes, then scrape with a wooden spoon or vegetable brush. In stubborn cases scour with No. 0 steel wool and a lather of a good white soap. Remember, too hard scouring will scratch the surface.

Hard water is slightly alkaline and will darken the surface. To avoid this add a little vinegar to the cooking water. One-quarter of a teaspoonful of vinegar is too small an amount to affect the flavor or results and yet will almost entirely prevent this action.

Never use oxalic acid, so oft en advised. It will do the work well,

but is too dangerous a poison to have in a house.

IRON

A good, well cared for iron or steel utensil grows better the longer it is used. Its chief foe is rust. This is caused by moist air and by leaving it not thoroughly dried. To clean iron boil it in a solution of washing soda, rinse well and dry it thoroughly. If it is badly rusted put oil and quicklime on the rusted parts and allow it to stand for several days. If stubborn rub the sur- face with rottenstone and sweet oil. Tinware is made of steel covered with liquid tin. All tin must be pro- tected from scratches, for a scratch means a streak of rust in a short time. “Scouring to make like new” is not a good thing, as it reduces the wearing quality by removing the protective coating of the film that forms on the surface.

NICKEL

Nickel fixtures and utensils may be kept in order only by giving daily care. Wash well with hot water and soap and polish with a polishing cloth. The friction powders now on the market are a great help. If the nickel has become dulled, use a friction powder and rub hard, and be sure to wash well with hot water and to wipe it dry.

COPPER AND BRASS

Acids clean both copper and brass readily, but unless every trace of the acid is removed the metal will tar- nish quickly and its condition will be worse than before.

To clean these metals wash the



article well, then rub the surface with a cloth dipped in a mixture of salt and vinegar. Rub until all the tarnish is removed and then wash thoroughly again and wipe perfectly dry. Apply whiting to remove any trace of acid that may remain.

If there is a thick coat of tarnish wash it first in a solution of wash- ing soda to remove any grease, then rub with vinegar and dry it well, after this rub hard with rottenstone and oil, using a woolen cloth. Wipe off this scouring mixture and go

over the surface with dry rotten- stone. Finish by rubbing with a cloth. There are excellent polishing preparations on the market that do the work more quickly and easily, but the result is a whiter color, not so soft and rich a yellow as that given by rottenstone and oil. When these preparations are used, whiting should be applied for the final polishing in place of rottenstone.

SILVER

Wash silver in hot suds made

from white soap and ammonia and rinse in hot water and dry thor- oughly. After drying, rub quickly with a piece of cotton flannel. Treated thus each day, it will need polishing but once or twice a year.

Remove egg stains with wet salt or with a paste of ammonia and whiting. The black marks that come from contact with certain green vegetables sometimes yield to a rubbing with alcohol; if obstinate, rub hard with alcohol and whiting. When silver tarnishes quickly, it

may be a warning that gas pipes and drains need inspection.

To polish silver proceed thus: Wash and dry the articles. Cover a table with thick paper and arrange the cleaning materials conveniently near—whiting or a prepared silver polish, alcohol or ammonia, cleaning cloths, saucer, a bowl of hot water and a stiff brush.

If whiting is used, use the French sifted powder, make a paste by using alcohol or ammonia and rub this over the surface. Let it dry,

and then rub off with a clean cloth and polish by rubbing with chamols or flannel. Use a stiff brush to get the powder out of the grooves and chased parts. If any sticks in the grooves let it dry longer and then brush hard. Dust a little of the dry whiting over the surface and re- move this with a flannel. Rub over the smooth surface with a piece of leather and you will have the finish that is soft and not so “glaringly new.”

Constant rubbing will wear away silver; therefore the modern method of using a silver clean pan or disk is a silver-saving as well as a labor- saving device. This cleans by elec- trolytic action, not by abrasion. But remember that it only cleans; it does not polish. Use a large agate pan for the small pieces and a wash boiler for the larger articles, with the metal disk. Add one teaspoon- ful of salt and one teaspoonful of soda for each quart of boiling water. Place the disk in the bottom of the container and then add the silver, making sure that at least one piece touches the disk and that all are completely immersed. Leave in the boiling water a few minutes. This will clean them; to polish wash them and use a polishing cloth. The lack of this final polishing is the cause of the tiny look that housewives have criticized. They tarnish quickly also if not polished.

KNIVES

Knives should not be washed in the pan with other silver, as this scratches the blades and dulls the edge. It is a good plan to provide

a pitcher deep enough to hold the knives with the blades, not the handles, under water.

Clean steel knives with a coarse gritty powder. First remove all grease and dirt and then dip a piece of raw potato or a cork in the powder and rub the blade until all stains are removed. Then polish with the dry powder and wipe with a soft cloth.

STOVES

Stoves require special care. Be careful to keep the drip pan under the burners clean. It is easily re- moved and can be washed under the faucet. If neglected it will take its revenge by inviting many household pests “to a party,” and they do not leave so quickly as they come.

The modern housekeeper uses stove blacking, thus saving patience, aprons, hands and utensils. She sacrifices the high polish of grandmothers loved, but keeps the surface just as sanitary. Never clean a stove when it is hot. It may be allowed to cool during breakfast or dinner. Brush off the crumbs, ashes and dirt of all kinds; dampen the stove cloth slightly with kero- sene and rub the top of the range and all nickel parts.

Brush off the surface of a gas stove and wipe it with a cloth dipped in sweet oil. The gas companies furnish “stovewhite,” which is excellent for this purpose. Lined oil and lemon oil also are good.

Rust on the oven or broiler of gas stoves is caused by steam from the food condensing as it cools. About once in two weeks rub the entire surface of the baking oven with a cloth wet with kerosene. If this is done at night the odor will almost disappear before the morning and heat will drive off what little re- mains. Too much oil on the top will leave an unpleasant surface that will catch dust readily and make “mud pies” with it. Only a few drops on a flannel cloth are neces- sary. If put on the cloth at night it will penetrate thoroughly and the cloth will give good service for about two weeks. It should then be washed in strong suds, dried and given a new application of oil. Re- member that any cloth saturated with oil is inflammable, so this cloth must be kept in a tin box when not in use.

Stoves and all iron and tin ar- ticles need special attention when closing a house for any length of time. Rub a thin coat of oil over the surface to prevent rust. Go over the surface of a stove thor- oughly. Go over the ovens as well, being careful that a very thin coat is left, else there will be trouble when they are needed for use again.

Salmon in the Can Means Fish With No Waste and No Worry

By MARGARET HAMELIN

S O MANY housekeepers, if they have to do their own cook- ing, object to preparing and cooking raw fish. But the useful and ever ready can of salmon holds a place of its own, both on the pan- try shelf and in the high esteem of the housewife.

In many of the less expensive shops a medium sized can of salmon can be purchased for a quarter, and as this is very nearly all solid fish a delicious meal can be prepared from its contents with but little labor. In the following tested recipes are novel suggestions for utilizing a can of salmon.

Salmon Balls
Cook one tablespoonful of chopped green pepper and a quarter of a tablespoonful of minced onion in one tablespoonful and a half of oil for five minutes, stirring constantly. Blend in an eighth of a cupful of

flour, a quarter of a teaspoonful each of salt and paprika, and add very gradually half a cupful of rich milk. Cook over hot water until the sauce boils and is very smooth, and add a large cupful of flaked canned salmon and a tablespoonful of minced parsley. Turn out on a platter to cool, shape in the form of small balls and egg and crumb as for croquettes. Fry by means of a frying basket in deep, hot fat and drain on brown paper before serv- ing. Serve the balls around a mound of creamed peas.

Salmon Soufflé

Separate the contents of a can of salmon into small flakes and add two teaspoonfuls of lemon juice, half a teaspoonful of salt and an eighth of a cupful of grated bread crumbs in half a cupful of milk for five min- utes, add the salmon, the yolks of three eggs beaten until lemon col-

ored, a tablespoonful of chopped parsley and fold in the stiffly whipped egg whites. Turn into but- tered soufflé dishes and bake in a moderate oven until well risen and firm in the center.

Spiced Salmon

Put one cupful of tarragon vine- gar into a saucepan and add a tea- spoonful of whole cloves, half a tea- spoonful of allspice berries, eight peppercorns, a bay leaf, one-quarter of a teaspoonful of salt and a tea-

spoonful of celery seed. Bring slowly to the boiling point, simmer for three minutes and pour over the contents of a can of salmon, treated as already described. Cover the fish closely and let stand for six or eight hours before serving. This makes a most delectable sandwich filling, using graham bread.

Salmon Mayonnaise

Drain and rinse the salmon, keep- ing the fish in one piece. Dry care- fully and spread thickly with one

cupful of thick mayonnaise dressing, to which has been added half a tea- spoonful of granulated gelatine dis- solved in one tablespoonful of hot water. Chill on the ice and press into the dressing bits of pickled beet strips of hard boiled egg and a few capers. Serve on lettuce leaves.

Salmon and Potato Salad

Flake the contents of a can of salmon into small pieces and mix lightly with one cupful of cooked potato cubes, one cupful of shredded lettuce, two chopped hard boiled eggs, two finely chopped pickles, half a cupful of drained canned peas and a tablespoonful of chopped cel- ery tops. Moisten with a boiled or mayonnaise dressing and heap in a mound on a salad platter. Sur- round with a border of crisp lettuce leaves.

Salmon Sandwiches

Chop the contents of a can of drained salmon and add half a cup-

ful of shredded watercress, twelve minced stuffed olives and a chopped hard boiled egg. Moisten slightly with a cooked dressing and spread on slices of buttered graham bread. Lay over the salmon a crisp leaf of lettuce and finish the sandwich with another slice of buttered bread.

Salmon Jelly

Soften one tablespoonful of granu- lated gelatine in two tablespoonful of cold water; add half a cupful of boiling water, one tablespoonful of lemon juice, half a teaspoonful of salt and one-eighth of a teaspoonful of paprika. Strain into a bowl and set in ice water. Stir until it be- gins to thicken, then add one cup- ful of drained flaked salmon, half a cupful of diced celery, two table- spoonfuls of canned peas and a tablespoonful of chutney sauce. Fill into an ornamental mold, chill and serve unmolded on a bed of lettuce leaves. This makes a very orna- mental supper dish.

